The Cancer Recovery Pyramid: Nutrition Resource #3

Cancer Recovery Meal Plans

Here are two options, one based on three meals per day and a second on several mini-meals a day. With creative substitutions, you will find an ample array of healthful choices in your nutritional program.

Six “Mini-Meals” a Day

<table>
<thead>
<tr>
<th>Meal #1</th>
<th>Meal #2</th>
<th>Meal #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OPTION A:</strong> Fresh tomato juice</td>
<td><strong>OPTION A:</strong> Vegetable soup</td>
<td><strong>OPTION A:</strong> Protein bar (low-sugar)</td>
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<tr>
<td><strong>OPTION B:</strong> Grapefruit</td>
<td><strong>OPTION B:</strong> Mixed green salad</td>
<td><strong>OPTION B:</strong> Apple</td>
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<tr>
<td>Whole wheat bagel/peanut butter</td>
<td><strong>OPTION B:</strong> Cheese</td>
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<tr>
<td></td>
<td><strong>Option B:</strong> Mixed green salad</td>
<td>*</td>
</tr>
<tr>
<td></td>
<td><strong>Option B:</strong> Almonds</td>
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<thead>
<tr>
<th>Meal #4</th>
<th>Meal #5</th>
<th>Meal #6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OPTION A:</strong> Herb-encrusted fish</td>
<td><strong>OPTION A:</strong> Roast turkey breast</td>
<td><strong>OPTION A:</strong> Non-fat greek yogurt</td>
</tr>
<tr>
<td><strong>OPTION B:</strong> Brown rice</td>
<td><strong>OPTION B:</strong> Mashed Cauliflower</td>
<td><strong>OPTION B:</strong> Celery sticks with hummus</td>
</tr>
<tr>
<td><strong>OPTION B:</strong> Mixed green salad</td>
<td><strong>OPTION B:</strong> Greek salad</td>
<td>*</td>
</tr>
<tr>
<td></td>
<td><strong>Option B:</strong> Mashed Cauliflower</td>
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</tbody>
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**“Three Squares” a Day**

**Meal #1**

**OPTION A:**
- Scrambled egg whites
- with red peppers and onions
- Tomato slices
- Orange
- Herb tea

**OPTION B:**
- Oatmeal
- Soy milk
- Blueberries
- Ginger tea

**Meal #2**

**OPTION A:**
- Chicken caesar salad
- with whole grain croutons
- Carrot sticks with hummus
- Iced green tea

**OPTION B:**
- Veggie burger with whole grain bread
- Mixed green salad
- Fresh tomato juice

**Meal #3**

**OPTION A:**
- Baked eggplant
- Whole grain dinner roll
- Steamed broccoli
- Mixed green salad
- Apple slices

**OPTION B:**
- Wild salmon
- Brown rice
- Mashed Cauliflower
- Greek salad
- Fresh plums